

Jason Pettit – Capital Radio Recipe



Miso Glazed Aubergine Steaks

Miso is a traditional Japanese seasoning made from fermented soybeans that delivers a fantastically deep savoury flavour. This recipe can be BBQ'd for an added layer of flavour complexity.

Ingredients – serves 4 people

2 each aubergines (round, washed)
1 Tsp sesame seeds
1 Tbsp coriander (picked)
sea salt

Miso Glaze

1 Tsp light soy sauce
1 Tbsp toasted sesame oil
1 Tbsp honey
1 Tbsp white miso paste
1 Tsp orange juice
¼ Tsp ground ginger
¼ Tsp chili pepper flakes

3 each local potato's (washed & cut into 20mm cubes)
 cold water to cover
1 Tsp salt
2 Tbsp spring onion (washed and sliced thinly)
2 Tbsp olive oil

green salad or coleslaw to serve

Method

Cut the aubergines into discs (steaks) approx. 20mm thick. Lightly season with sea salt – set aside for 15 minutes.

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Place cut potatoes into a pan and cover with cold water then add the salt. Bring to a gentle boil then reduce heat to low, cover pan with a lid and when 'just' cooked, turn off the heat.

Place all miso glaze ingredients into a bowl and whisk together. The consistency should be that of pouring cream – add a little water if too thick.

Pat the aubergine steaks dry and remove any salt & moisture. Brush both sides liberally with miso glaze.

Pre-heat a griddle pan on a high heat.

Place aubergine steaks in carefully ensuring there is space between each steak.

Turn each steak after 3 – 4 minutes.

When 'steaks' are nicely caramelised on both sides and softened, remove from the pan.

Brush remaining glaze over them and sprinkle with some picked coriander leaves and sesame seeds.

Drain the cooked potatoes in a colander then place into a serving bowl. Sprinkle sliced spring onion over then pour the olive oil over.

Serve family style with green salad or coleslaw.

Notes from the chef:

Salting the aubergine removes any bitterness.

Instead of cutting round steaks, the aubergines can be cut in half lengthways. To ensure the aubergine cooks fully and takes on the flavour of the glaze, score diamond patterns into the flesh but without cutting through the skin.

When cooking, reduce the heat slightly and take care not to burn the skin.

This recipe is suitable for vegans.

As miso paste is made by fermenting soybeans it contains probiotics (healthy bacteria) that support your gut health.

The sesame seeds can be toasted.

Tbsp - tablespoon

Tsp - teaspoon